


Monday	Tuesday	Wednesday	Thursday	Friday
1 Beef Vegetable Soup Seafood Salad Broccoli Slaw Pineapple Chunks Kaiser Roll Lettuce & Tomato Milk	2 Pineapple Juice Thai Curry Chicken Breast Rice Peas & Carrots Fresh Apple Multi Grain Roll Milk	3 Tossed Salad with Ranch Dressing Spaghetti w/Meat Sauce Green Beans Fresh Apple Italian Bread Parmesan Cheese Milk	4 Chicken Vegetable Soup Smoked Turkey & Cheddar Cheese Sandwich Amish White Navy Bean Salad Cole Slaw Hot Spiced Pears Whole Wheat Bread Lettuce & Tomato Milk	5 Grape Juice Hamburger w/Cheese Whole Wheat Hamburger Roll Fresh Baby Whole Carrots Baked Beans Diced Peaches Lettuce & tomato Milk
8 Cranberry Juice Roast Beef in Gravy Creamed Kale Brown Rice Fresh Seasonal Fruit Wheat Bread Milk	9 Lentil and Spinach Soup Tossed Salad with Ranch Dressing Tuan Salad Copper Pennies Fresh Apple Whole Wheat Bread Lettuce & Tomato Milk	10 Pineapple Juice Chicken Teriyaki Nuggets Sweet & Sour Green Beans Fried Rice Fruit Cocktail Wheat Bread Milk	11 Grape Juice Hearty Beef Stew with Mixed Veggies and Potatoes Fresh Sliced Apples Split Top Roll Milk	12 Pineapple Juice Split Pea Soup ¼ lb Beef Hot Dog Hot Dog Roll Cole Slaw Baked Beans Hot Fruit Compote Milk
15 Cranberry Juice Turkey Sliced w/Gravy Fresh Zucchini & Tomato Salad Scalloped Potatoes Au Gratin Fruit Cocktail Multi Grain Roll Milk	16 Cranberry Juice Turkey Combo Lunchmeat & Swiss Cheese Cole Slaw Potato Salad Fruit Cocktail Tomato Garnish Milk	17 Tomato Juice Pork Loin w/Gravy Sauerkraut Mashed Potatoes Apricots Wheat Bread Milk	18 Orange Juice Baked Stuffed Pork Chop w/Gravy Green Bean Casserole Tri Colored Pasta Sauté in Creamy Garlic Sauce Roll and Butter Apple Pie ala Mode Milk	19 Pineapple Juice Navy Bean Soup Chicken Salad Cold Plate Broccoli Slaw Hot Peach/Apple Crisp Wheat Bread Lettuce & Tomato Milk
22 Orange Juice Taco Salad w/Seasoned Beef Shredded Lettuce & Cheese Chopped Tomato Mexican Rice Tortilla Chips Fresh Sliced Apples Milk	23 Tomato Juice Baked Potato Tossed Salad w/Ranch Dressing Chili Con Carne Shredded Cheddar Cheese Apple Sauce Milk	24 Grape Juice Chicken & Noodles w/Gravy Scandinavian Mixed Veggies Mashed Potatoes Fruit Cocktail Corn Muffin Milk	25 Apple Juice Pepper Steak Fresh Cucumber Salad Brown Rice Cherry Apple Crisp Dinner Roll Milk	26 Split Pea Soup Genoa Salami & Provolone Cheese Sandwich on Rye Bread Pickled Beets Cole Slaw Fresh Orange Potato Chip Garnish Milk
29 Orange Juice Baked Ziti w/Meat & Cheese Cole Slaw Fresh Apple Whole Grain Bread Milk	30 Fruit Punch Cottage Cheese Cold Plate with Peach & Pear Slices Pineapple Rings & Lettuce Tomato Slices Hard Boiled Egg Whole Wheat Crackers Milk	 <h1>APRIL 2013</h1> <p>To make a meal reservation at least 48 hours in advance, Contact Your Meal Manager. Each meal costs the FCDOA Nutrition Program \$4.80, your contributions per meal helps make more meals possible.</p>		

~~MENUS ARE SUBJECT TO CHANGE~~